

Co- President's Greeting

By *Julianna Mathers*

Linda Wilson

Well autumn is upon us again. Summer always seems to pass so quickly. We know many of you are new to Hawaii and by now we hope you've settled in to your new homes. On behalf of the Coast Guard Spouses Association we'd like to extend a warm ALOHA and welcome to the island. We'd also like to extend an invitation to you to join us and become a part of our group. We are a diverse all-ranks spouses' organization that seeks to offer something for everyone. We offer opportunities to serve the community as well as social functions for adults and children, and we have members with all levels of activity. It's a great support system for information and socialization.

We hope you all had a opportunity to join us for the Coast Guard Day picnic on August 4th at Bellows Beach. Despite threats of rain from tropical storm Darby, the weather cleared and we had a great time. Our CGSA t-shirt made its debut on Coast Guard Day. The t-shirt, designed by **George Ann Wurster**, was a hit and many were sold. Thanks to all who helped at the CGSA table.

We've been busy this summer preparing for the coming year and a few heart-felt Mahalo are in order for those who have worked so hard.

Marci Williams, Danielle Dash and **Margaret Kjeldgaard** have been doing an outstanding job preparing and delivering the Welcome Bags to newcomers. They've passed out more than 90 bags this summer! If you are new to the island or know someone who is new and has not received one of our Welcome Bags please let us know.

Deb Collier and the Executive Board have been busy planning this year's annual Welcome Tea to be held at the Diamond Head Lighthouse on Sunday, August 29th at 2:00pm. This event is a wonderful way to connect with fellow spouses, both newcomers and returning members. A special thank-you to **Admiral and George Ann Wurster** for opening their lovely home for this event. Please plan to join us.

Last but not least, we'd like to extend a big MAHALO to all of our members who have volunteered to fill board and Chair positions. We appreciate your time and dedication to the CGSA. Thank you for all you do. We have an amazing group of spouses and we're confident this will be a wonderful year.

Gourmet Dinner Club

Are you an aspiring Emril or Julia Childs? Then come join us once a month for Gourmet Club. So dust off your chef hat, cinch up your apron and break out your pots and pans for the theme of the month. The hostess will be in charge of the dessert and drinks while the guests bring a dish based upon the theme. Good food and fun will be had by all and just maybe you could be the winner of the Coast Guard Golden Spoon. All interested chefs please call or e-mail Mary-Claire Rinoski at trinoski@earthlink.net, 833-1838.

Joint Spouses Conference

Hi, my name is Maureen Skuby and I am your Coast Guard liaison for this year's Joint Spouse's Conference. The conference will be held at Hickam Air Force Base on October 15 & 16. The conference is for all spouses, retired spouses (space available) and active duty women. There will be two days of interesting workshops to attend. Keynote speakers for this year are Alesia Holliday, author of "Email to the Front" and Noelani Tachera presenting "Living stories from Bishop Museum.

We will also have two of our own Coast Guard spouses conducting workshops. Marcy Rice will be doing a workshop on entertaining/decorating and Danielle Dash will be leading a workshop on Your Personal Image. .

Registration will open on Sept. 1st. Forms may be picked up at base exchanges, commissaries, support centers, thrift shops, and chapel or downloaded from www.jointspousesconference.com. The cost is \$25 for both days or \$15 for Friday or Saturday only. The fee includes workshops, two continental breakfasts and lunches and tote bag. Seating is limited to 500 so register early. Children are not permitted and childcare is not available. Any questions call me at 373-3790. Hope to see you there!

Home Business Expo and Craft Fair

The holidays are near and the CGSA will be sponsoring a Holiday craft & Home Based Business Expo at the Red Hill Community Center.

The event will take place on October 30, 2004 from 12:00—4:00.

Members of the CGSA may set up their tables for \$25.00 and non-members for \$40.00. Invitations, tablecloths, refreshments will be provided.

For your application please call Veronica at 839-6244 or e-mail naka2@verizon.com.

Deadline to sign up is October 6, 2004.

Thanks, **Veronica**

Hiking Club

The first hike will be Friday, September 17th. We will be hiking the Keolu Hills Pillbox trail in Kailua. It's not a terribly difficult hike, but the first part of the trail is steep. We will hike along the ridgeline of the Keolu hills, looking down on Bellows AFB, Lanikai, Kailua and from Makapuu all the way to Chinaman's Hat. It's a great view. We'll walk past two old lookout "Pillboxes" along the way. There is no shade cover at all, so please bring a hat and lots of water. Make sure your shoes are sturdy, it can be a little rocky in places. After the hike we can drive down to the Enchanted Lake shopping center for lunch. Anyone for the Shack? After lunch we can hit the beach for a while too.

We can meet near the McDonalds in the shopping center to load up in as few cars as possible. We'll be parking in a neighborhood and don't want to make the homeowners angry. Meet there about 9:30am ready to go. Call or email to let me know if you are coming so we'll wait for you or if you need directions. (262-6999, donnagenco@earthlink.net) **Donna Genco**

Fisher House News

A special mahalo goes out to all of those who answered our plea for cooks to prepare out August and September meals. You ladies never fail to help us when we need it!

The cooks who donated their time and talents for our delicious August meal were: Terri Yensz, Mary Claire Rinoski, Susan Heard, Debbie Collier, and Lisa Keffer. Thank you so much ladies, we couldn't do it without you!

Our September meal will be delivered on Friday, September 17th. Our cooks are as follows: Main Course: Julie Dostie, Bread: Kim Rendone, Cooked Salad/Baked Vegetable: Dawn Torrez-Gale, Cooked Vegetable: Heather Farmer, and Dessert: Kathy Engel. Thank you in advance for your time and energy.

If anybody would like to help with any of our meals, please call Marci Curtis at 834-7997 or Destiny Fitzgerald at 834-8785. You can also e-mail us at paul4marci@aol.com or destiny@hawaii.rr.com.

Thanks again to all of the wonderful Coast Guard Spouses that have helped brighten the lives of those staying at Fisher House!

Much Aloha, *Marci Curtis* and *Destiny Fitzgerald*

Lunch Bunch

Lunch Bunch will meet during the last week of every month. We will meet on different days of the week, but never on Wednesday, because Red Hill has an early release on that day. So get your taste buds ready for some adventures. We will travel around the Island to quench your culinary curiosities. The first Lunch Bunch will meet Sept. 23rd. We will lunch at the Pavilion Café, located in the Honolulu Academy of Arts building on Beretania Street. October 25th we will have lunch at Keo's down in Waikiki and November 22nd we will travel to Kailua. More details to come at the Welcome Tea. See you there.

Julie Dostie

Coast Guard Book Worms Unite

Do you love to read? YES!! Do you love to socialize? YES!! Then the Book Club is for you. Our book group challenges its members to read outside their usual book type and then have a lively discussion about the characters, plot, etc... It is fun! It is also a wonderful way to have adult conversations about books that you don't read to your kids. Please come and join us on September 20th at 7 p.m. at Rachel Diehl's home at 1312 Tampa Drive. We will be reading *Dress Your Family in Corduroy* by David Sedaris, but don't worry if you haven't read the book by then. There are no tests! We'll plan our next selections that night.

Dress Your Family in Corduroy is a collection of essays about the author's odd family that includes his funniest writing yet. One character is his mother who balances the bitter and the sweet in life. She emerges as a very memorable character. Any characters in your family? Come and find out! Remember, "reading is to the mind what exercise is to the body". Start reading and keep your brain active. We hope to see you in September. For more info, call Rachel, 833-5468 or Carin Adickes, 254-2703.

Military Spouse magazine will be available at AAFES and NEX locations on September 15, 2004 or you can purchase a subscription now on their web site for \$12 per year for four issues. If successful the frequency will increase to six issues a year. The premier issue will features Glory V'hai, a marine enlisted spouse, on the cover with a short bio inside. Also, Alma Powell shares her ghost stories and personal journey as an Army wife. "Spouse experts" will offer tips on keeping the home fires burning and rekindling the flames after a long-absent partner returns. Financial Advice specific to military life will help families make the most of their money. A professional interior designer, who's trotted the globe with her Army husband while raising two kids, shares her tricks for movable, affordable and tasteful home décor.

Look for an article from one of our own, Marci Curtis, to appear in a later issue. We will let you know when if we get advanced notice.

The founders are Elsie Hammond and Babette Maxwell, two Navy wives, who know the life but also knew there must be a better way to stay connected, get information and inspiration. Now from idea to printing press a magazine tailored to the military spouse is born!

Did you Know???

*The Armed services YMCA will be collecting donations for our troops in Afghanistan. Items needed include: batteries, powder drinks, tooth brushes, tooth paste, foot powder, deodorants, note pads, paper, envelopes, pens, snacks, gum candies, wet wipes, and toilet paper. Also monetary donations to cover postage. **There will be a collection box in the KKH community center.**

*Scrap booking is being done in the community center the fourth Saturday of each month. Just bring your own supplies (no sales) and enjoy the company of other. There is no charge.